

MÍTING INTERNACIONAL DE CATALUNYA
Sabadell, Pista Coberta de Catalunya "Carme Valero"
10 de gener de 2025

INFORMATION OF INTEREST



- 1- **NUMBERS AND CREDENTIALS** can be collected at the secretariat desk beside the entry of Stadium from 17.00 h till 1 hour before each event.
- 2- The **PERSONAL EQUIPMENT** of each athlete will be presented to the official measurer in store room from 17.00. to 60 minutes before the event, and will be placed at the athletes disposal on the track or field
- 3- The **WARM-UP AREA** will be situated down the track at -2 level
- 4- The athletes will pass through the **CALLING ROOM 10 to 5 minutes** before entering the track or field . **CALLING ROOM** is in **WARM AREA** level
- 5- **ENTRY TO THE TRACK OR FIELD** will be as follows: **Flat races - 5 min.** before start; **Hurdles - 7 min.** before start. **Field events - 30 minutes** before start, except **pole vault (50 minutes)** before start). Athletes will enter the field together, led by the judges.
- 6- The starting umpire's calls will be : -1- **ALS SEUS LLOCS** -2- **LLESTOS**
- 7- **Winners** of each event will receive a gift. Please go to the **PODIUM AREA** after your event



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-8- Bar heights:

HJ women – 1,65 -1,75 - 1,80 - 1,84 - 1,87 - 1,90 +0,02

PV men – 5,01 - 5,11 - 5,21 - 5,31 - 5,36 - 5,41 - 5,46 +0,05

TIMETABLE

19.00 - 60 m h M s/f	PV M	TJ W	SP M
19.10 - 60 m h W s/f			
19.30 - 60 m M s/f			
19.40 - 60 m W s/f			
19.50 - 400 m W B			
19.55 - 400 m W A			
20.05 -400 m M B	HJ W		
20.10 - 400 m M A			
20.15 - 800 m W B			
20.23 - 800 m W A			
20.31 - 800 m M B		LJ M	
20.39 - 800 m M A			
20.47 - 1500 m W			
20.57 - 1500 m M B			
21.07 - 1500 m M A			
21.17 – 60 m h W final			
21.27 – 60 m h M final			
21.37 – 60 m W final			
21.42 – 60 m M final			
21.50 - 3000 m W			